

Woodworker's Workshop First Aid Kit Suggestions

(Reprinted with permission from Fred Grosse featured in the Washington Woodworkers Guild Newsletter – The Wooden word. This is not intended to be a complete first aid guide)

Recommended Shop First Aid Kit Contents

- Sharp scissors, 1" adhesive tape, elastic ace bandage
- Asthma inhaler (counteract allergic reactions to fumes)
- Needles for splinter removal in small plastic bottle filled with sterile alcohol
- Fine point splinter tweezers – surgically sharp tip, with attached magnifier glass
- Antiseptic wipes
- 12 - 4" x 4" gauze pads for applying pressure to injuries
- 12 - 2" x 2" gauze pads
- Assorted adhesive strip band aids; liquid bandage (New Skin®)
- Antibiotic cream
- Butterfly bandages to draw together larger lacerations
- Clean plastic bag for amputated parts (Ziploc®)
- Sterile rolled gauze 2 – 1", 2 – 2"
- Triangular bandage for arm sling and safety pins
- Providone iodine solution (Betadine®) to kill germs and avoid infection from small cuts. Soak cut skin in water with a few drops of Betadine 4-5 time per day for about 5 minutes each time
- Eye wash (e.g., Bausch & Lomb) and cup
- Hand mirror (to assess eye injury)
- Instant ice packs (to reduce swelling and transporting amputated parts)
- Latex gloves for eye exam, treating injuries
- Survival blanket to keep person in shock warm
- First Aid Guide

Other Items Near Your First Aid Kit

- Hand soap, flashlight
- Have a phone accessible in your work shop right next to the first aid kit with emergency numbers listed on laminated card with workshop street address and directions

Notes:

- Keep your tetanus vaccinations current (every 10 years get a booster shot)
- Keep first aid kit fully supplied; dedicated tools not taken away for other uses; replace expired materials
- Get a first aid book and read it. Take the American Red Cross First Aid course.

If you get injured

- If you get injured, e.g., hand injury, don't panic, sit down.
- If laceration is gaping or more than a ¼" deep, seek emergency help
- Apply direct pressure to injury with clean gauze pads. Raise wounded area above heart
- Amputation: Tourniquets not recommended. Direct pressure, raise wounded area, use ice pack. Collect amputated body part in plastic bag, keep cool (not directly on ice).
- Hand injury - you need to get to a surgeon within 12 hours of the injury before infection sets in or wait 4-5 days later.
- Eye injury – If chemical splash, flush with water for 5-10 minutes. If eye hurts too much to open, go to the emergency room. If object in eye, cover both eyes to avoid movement.
- If injured area is numb, you may have damaged nerves, seek help.
- Burns – apply cooling water quickly for 10 minutes to minimize tissue damage
- Avoid alcohol or peroxide on injuries since they cause tissue irritation
- Electrical Shock – If alone, hope someone is nearby. Best approach is strict adherence to lockout procedures to de-energize equipment before doing any electrical work

Hand Surgeon

Dr. Thomas Shepler, M.D. (Presented talk at Oct 04 WWG Mtg)
 Manus Center (Metropolitan Area Northern Virginia Upper Extremity Surgery & Rehabilitation)
 703-242-6363 (703-2-HAND-MD)
 415 Church St. NE Suite 102
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Office is south of Leesburg Pike (Rt 7). If traveling North on Maple Ave (Rt 123), turn left onto Beulah Rd
 Then turn right onto Church St. Then turn right into office parking lot

Supplies: Lab Safety Supply, 800-356-0783 www.labsafety.com

References:

- 1) "The New Best of Fine Woodworking – Small Woodworking Shops," Taunton
- 2) "How to Design and Build Your Ideal Woodshop" by Bill Stankus
- 3) "Setting Up Shop" by Sandor Nagyszalanczy